

2022 Edition

IATSE 21 DAY CHALLENGE

Welcome to the 2022 IATSE Racial Justice 21-Day Habit Forming Challenge. The IATSE celebrates Black History Month 2022 and to get it started we launch our second 21-Day Challenge collection. The original 21-day challenge was created by Dr. Eddie Moore, Jr. <https://www.eddiemoorejr.com/>.

The 21-Day Challenge structure offers an opportunity for IATSE membership to expand our understanding of diversity, equity, and inclusion. During the challenge, participants read, listen, observe, or watch something every day for 21 consecutive days to further their understanding of power, privilege, racism, exclusion, and equity. The structure is designed to learn individually and when many union members do this as one, we learn together.

This year the theme of Black History Month is “Black Health and Wellness.” This collection aims to give a broad exposure to history, policy, insights, trends, and challenges while integrating issues of health and wellness. The IATSE’s first 21-Day Challenge laid the groundwork for learning about racial justice. If you have not experienced it, you can mesh the two lists to create a challenge that suits you and your group. Download the original challenge from the Education section of the IATSE website at <https://iatse.net/education/>.

“Our needs are identical with labor’s needs, decent wages, fair working conditions, livable housing, old age security, health and welfare measures, conditions in which families can grow, have education for their children and respect in the community.”

Martin Luther King, Jr., 1961 Speech to the AFL-CIO



DAY ONE

- ☐ READ – Martin Luther King, Jr. speech to the AFL CIO - Racial Justice and Labor Justice [1961 MLK speech to the AFL CIO from University of Maryland Special Collections](#)
- ☐ READ - History Channel's resources for Black History Month 2022:
<https://www.history.com/topics/black-history/black-history-month>

DAY TWO

- ☐ WATCH - [How to overcome our biases? Walk boldly toward them](#), TED Talk by Verna Myers, encourages work vigorously to counterbalance bias by connecting with and learning about and from the groups we fear (19 minutes)
- ☐ LISTEN – Renegades: Born in the USA “On Race” Discussion between President Barack Obama and Bruce Springsteen <https://open.spotify.com/episode/3ba69iXo04u9XoRsHsX9N0> (41:37)

DAY THREE

- ☐ READ – Washington Post, January 10, 2022, More than 1,700 congressmen once enslaved Black people. This is who they were, and how they shaped the nation.
<https://www.washingtonpost.com/history/interactive/2022/congress-slaveowners-names-list/>
- ☐ WATCH – Nicole Hannah-Jones “Making History – Equity Talks”
<https://www.youtube.com/watch?v=UcycZretpbC>

DAY FOUR

- ☐ READ - Time article “2020 Forced Americans to Confront the Reality of Racism. In 2021, Many Looked Away” <https://time.com/6128657/2021-american-racism/>
- ☐ WATCH AND READ - OPRAH Daily slideshow on African American historical figures:
<https://www.oprahdaily.com/life/g25954127/african-american-historical-figures/>

DAY FIVE

- ☐ READ – New York Times, How the White Press Wrote Off Black America (July 10, 2021)
<https://www.nytimes.com/2021/07/10/opinion/sunday/white-newspapers-african-americans.html?referringSource=articleShare>
- ☐ READ or WATCH - 5 Myths and 5 Truths About Racism <https://ideas.ted.com/5-myths-and-5-truths-about-reality-of-racism-us/>

DAY SIX

- ☐ WATCH - [Systemic Racism Explained](#) Act.TV animated short illustrates how systemic racism affects every area of U.S. from incarceration to predatory lending, and how we can solve it (4 mins)
- ☐ WATCH - [Racism is Real](#), A split-screen video depicting the differential in the white and black lived experience (3 minutes)

DAY SEVEN

- ☐ READ - [Redlining Was Codified Racism That Shaped American Cities And This Exhibit Shows It Still Exists](#) Cristela Guerra describes Boston's experience with the 2019 traveling exhibit "Undesign the Red Line: The Transformation of Race, Place and Class in America," about 1930's housing and lending policy's creation of an enduring racist housing footprint across the U.S.
- ☐ WATCH – Brief video about the traveling exhibit mentioned above
<https://www.youtube.com/watch?v=B2WVnrAwm-I>
- ☐ WATCH - Trevor Noah speaks with Kimberly Jones about her viral speech "How Can We Win" (above) <https://www.youtube.com/watch?v=U1k9APedIUy>

DAY EIGHT

- ☐ WATCH - Stop Chasing Purpose and Focus on Wellness | Chloe Hakim-Moore | TEDxMemphis
<https://www.youtube.com/watch?v=rKQLBiylsn8> (15:44)
- ☐ READ - Essence – Meet 9 women dedicated to Black health:
<https://www.essence.com/holidays/black-history-month/black-history-month-11-sheroes-health-and-fitness/#184492>
- ☐ WATCH - [Why racial and ethnic data on COVID-19's impact is badly needed](#) American Medical Association (AMA) April 2020 Live Stream with panelists from a diverse range of association leaders explain racial and ethnic healthcare barriers and equity approaches (1 hour)

DAY NINE

- ☐ WATCH - PBS Health Disparities chronicled <https://www.pbs.org/video/health-disparities-in-the-black-community-past-present-uzj0ts/> (11 minutes)
- ☐ READ - Report from McMaster University
<https://www.mcmasteroptimalaging.org/blog/detail/blog/2021/02/24/trees-in-the-city-the-roots-of-health-and-well-being>

DAY TEN

- ☐ WATCH -- CBS Boston – 2021 for Black families how to talk about racism, its trauma and the impact of trauma on health: <https://www.youtube.com/watch?v=cv0euzJQJhU&t=4s> (2:29)
- ☐ WATCH - Jane Elliott - <https://www.youtube.com/watch?v=eFQkLp5u-No>

DAY ELEVEN

- ☐ WATCH - [Racial Wealth Gap](#) Vox Explained series episode digging into why measuring racial progress must include understanding the roots and dynamics of the Black/white racial wealth gap (16 mins)
- ☐ READ - CNN Black banks are booming <https://www.cnn.com/2021/06/09/economy/black-owned-banks/index.html>

DAY TWELVE

- ☐ WATCH - [Entrepreneur](#) Pharrell Williams and JAY-Z soundtrack set to rolling images and stories of Black entrepreneurs (5 mins)
- ☐ NOTE - Bookstores – from Oprah daily
<https://www.oprahdaily.com/entertainment/books/a33497812/black-owned-bookstores/>
- ☐ WATCH - [You love Black culture, but do you love me?](#) Powerful Beats By Dre spot challenging the appropriation of Black culture amidst ongoing lack of challenge to the racist systems that continue to oppress Black communities (2 mins)

DAY THIRTEEN

- ☐ READ: Essence Magazine
<https://www.essence.com/entertainment/a-beginners-guide-afrofuturism/>
- ☐ READ - Carnegie Hall: <https://www.broadwayworld.com/article/Carnegie-Hall-Announces-Complete-Afrofuturism-Festival-Schedule-for-February-March-2022-20220118>

DAY FOURTEEN

- ☐ WATCH - Decoded – Five Tips for Being an Ally
<https://www.youtube.com/watch?v=dg86g-QIM0>
- ☐ WATCH - Dwinita Mosby Tyler - TED Talk What if White People Led the charge to change racism? <https://www.youtube.com/watch?v=VQSW5SFBsOg>
- ☐ LISTEN or READ - [Ally or co-conspirator?: What it means to act #InSolidarity](#) Alicia Garza shares ineffective and effective ways to be in solidarity

DAY FIFTEEN

- ☐ LISTEN - Radio Interview about the book [Vanguard: How Black Women Broke Barriers, Won the Vote, and Insisted on Equality for All.](#) <https://www.wypr.org/show/midday/2022-01-12/martha-jones-vanguard-black-women-and-the-fight-for-the-vote>
- ☐ [Black Women Voters Aren't "Saving America." We're Saving Ourselves](#) Joshunda Sanders contextualizes the role of Black women in the historic 2020 election

DAY SIXTEEN

- ☐ LISTEN or READ - 10 Actions to Protect Voting Rights
<https://robertreich.substack.com/p/week-ahead-future-of-voting-rights?fbclid=IwAR3t5draj7f32Pn9Yqv6fWPr9tjcg7tWW4iEdmgq1dHLHDol7XeimBoiZE>
- ☐ LISTEN – Stuff You Should Know podcast “Ten Voter Suppression Methods”
<https://www.iheart.com/podcast/105-stuff-you-should-know-26940277/episode/10-voter-suppression-methods-72769242/> (53m)

DAY SEVENTEEN

- ☐ READ - The Washington Post, The New Migration, January 18, 2022,
<https://tinyurl.com/2p9eupy2>
- ☐ READ - Bruce's Beach Resort returned to descendants: <https://www.theguardian.com/us-news/2021/oct/01/bruces-beach-returned-100-years-california>
- ☐ WATCH - [White Backlash Against Progress: The 3rd Reconstruction](#) Rev William Barber explains the challenges and opportunities in the 1st, 2nd, and now possibility 3rd reconstruction period (7 mins)

DAY EIGHTEEN

- ☐ READ – The Washington Post: The Radical Power of Ordinary Black Life, by Clyde McGrady, December 14, 2021, <https://tinyurl.com/4un2nfv3>
- ☐ LISTEN - [I Didn't Tell You](#), Poem, written and spoken by Norma Johnson (7 minutes)

DAY NINETEEN

- ☐ READ - Washington Post: Teaching America's Truth, by Joe Heim, August 28, 2019 <https://www.washingtonpost.com/education/2019/08/28/teaching-slavery-schools/>
- ☐ WATCH - Time Magazine June 2021 Debate about Critical Race Theory (Contained within this link is a 10-minute video on "Black Wall Streets") <https://time.com/6075193/critical-race-theory-debate/?d>

DAY TWENTY

- ☐ WATCH - Trevor Noah, The War Over Teaching America's Racist History in Schools The Daily Show <https://youtu.be/XQKRYJnqldM>
- ☐ WATCH - Anderson Cooper talks with students about what they think about race <https://www.youtube.com/watch?v=9OKgUdQF-Fg>

DAY TWENTY-ONE

- ☐ READ (and plan a trip!) Travel: Descendants of slaves shifting plantation tourism: <https://www.washingtonpost.com/travel/2021/10/01/charleston-plantation-tourism-magnolia-middleton-mcleod/>
- ☐ PLAN for JUNETEENTH - http://www.chiff.com/home_life/holiday/juneteenth.htm
- ☐ LISTEN – Amanda Gorman recites poem to kick off 2022 https://youtu.be/_aCJhuDlirg

NEW SELF-GUIDED RESOURCES:

- ☐ Pulitzer Center on studying and learning from the materials of The1619 Project: <https://pulitzercenter.org/builder-grade-level/adult-learners>
- ☐ LISTEN – to the full testimony on the John Lewis Voting Rights Advancement Act of 2021 on PBS News Hour (long, and opportunity to listen to all sides) <https://www.pbs.org/newshour/politics/watch-live-civil-rights-leaders-testify-in-house-judiciary-hearing-on-voter-suppression> (2hr:45 min)
- ☐ PBS - <https://www.pbs.org/parents/talking-about-racism>